

DAV14.NEWS

Reporting on the Sacrifices, Needs, and Great Accomplishments of Veterans

#DAV14Weekly

#ISSUE_009May2023

DISABLED AMERICAN VETERANS

CHAPTER 14

Empowering Veterans

CONTENTS:

4 Memorial Day

A time to remember and time to celebrate

8 Standing Committees

Beddingfield-Shytle Chapter 14 Disabled American Veterans relies on the hard work and dedication of committee members. Standing committees are permanent and vary in activeness based on members participation

9 MAKING AMERICAN MEMORIES

10 Community Recognition

Lowe's Home Improvement

Reminder to
pause, breathe,
and enjoy the moment



Mental Health Breaks can potentially help reduce Anxiety Attacks: Contact your mental health provider for guidance.

Memorial Day

Chapter members across many States, have participated, organized, and self funded many programs : DAV14 is dedicated to providing support that addresses the needs of Veterans

Memorial Day is a federal holiday in the United States that honors the men and women who died while serving in the country's armed forces. It is a day to remember and pay tribute to the sacrifices made by veterans, including those who have been disabled as a result of their service.

Disabled veterans have made significant contributions to our country and have sacrificed much for our freedom. They have given up their physical and mental well-being to defend our nation, and for this, we are forever grateful.

Unfortunately, many disabled veterans face challenges after their service is over. They may struggle with physical and mental injuries, as well as difficulty finding employment and accessing the benefits they need. It is important that we support disabled veterans in every way possible and ensure that they receive the care and benefits they need and deserve.

On Memorial Day, we honor the memories of the veterans who have made the ultimate sacrifice for our country. We also remember and support the disabled veterans who continue to live with the consequences of their service. Let us take the time to thank disabled veterans for their service and offer them our support and appreciation on this important day and every day.

As a society, we should always strive to help these brave men and women who have sacrificed so much for our country. We can do this by reaching out to local veterans organizations, volunteering our time and resources, or by simply expressing our gratitude to veterans in our daily lives. Memorial Day is a time to remember the sacrifices of all veterans, including disabled veterans, and to reaffirm our commitment to supporting them in any way we can.



Disabled American Veterans
Beddingfield - Skyle
CHAPTER 14
Headquarters

DAV CHAPTER 14 Quarterly Meeting:

18JULY2023

216 4th Ave W
Hendersonville NC 28739

12pm Members Social

1pm Opening Ceremonies

Business Session

2pm Closing Ceremonies

DAV14.ORG
Disabled American Veterans Chapter 14

1972-2022 **50YRS_EMPOWERINGVETS**

DAV **14**
Beddingfield - Shytle **NC**

New Commander's Office Line: 828.393.9973

DAV14.NEWS

Reporting on the Sacrifices, Needs, and Great Accomplishments of Veterans

DAV14HQ.ORG

DAV14.ORG

DAV14.INFO

Understanding Your Benefits Earned Through Honorable U.S. Military Service

STANDING COMMITTEES

DAV CHAPTER 14 STANDING COMMITTEES:

Membership:

- Strength by Numbers and Events

Hospital:

- Focused on supporting needs of Vets @VAMC

Publicity:

- Advocating Local, State, federal Levels for Disabled Veterans and their family

Service to Veterans:

- Benefits Counseling and Chaplain Services

Making Memories

Memorial Day BBQ:
indoors, outdoors, gas grill, fire pit - enjoy
the day and great American Food!

While there is a time to mourn and a moments
for pause of silence. The sacrifices of those in-
jured and ill for military services is also a time
to positive memories to honor that past accom-
plishments and motive the future generations

Breaking bread is a long social way of bonding

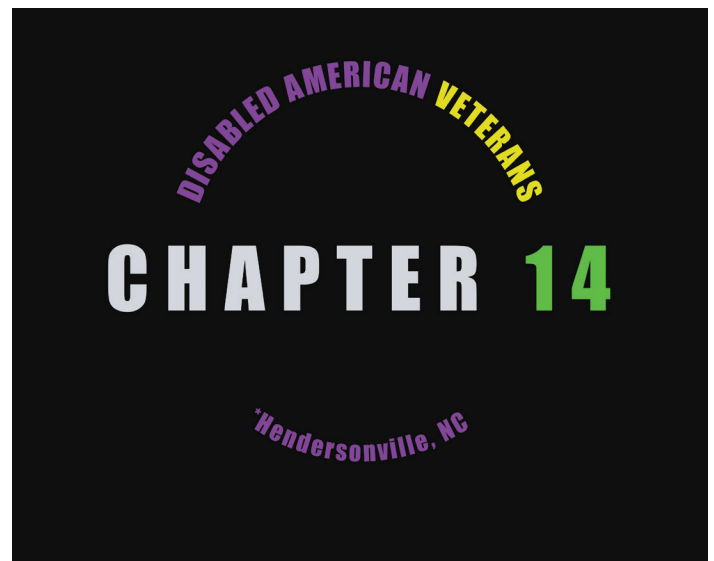
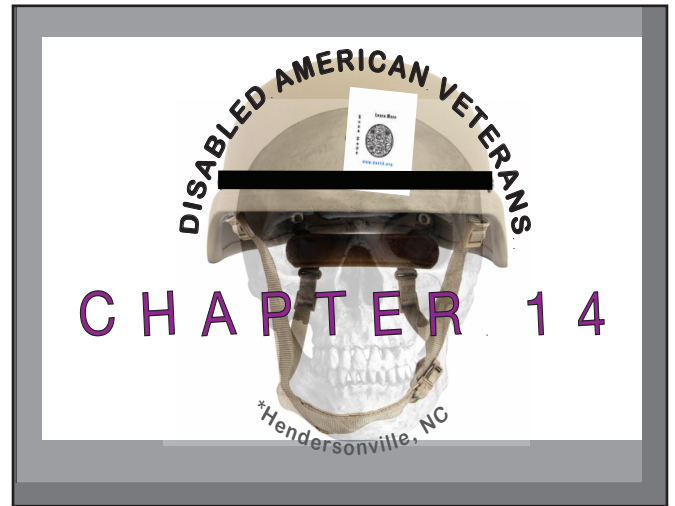
American backyard BBQ is a great and fun
tradition to enjoy great food, the outdoors, and
social gathering.

Don't have time for grilling: The same enjoy
came be made with ordering from your local
burger resturant

Happy Memorial Day and Thank you for military
service!

828.393.9973

Commander's Office



DAV14 NC

DAV14 TIPS

1. Start A Medical Journal
2. Establish Yearly communication with Doctor
3. Register for Hazardous Environment Registries
4. Gather Supporting Records for VA Claim
5. Schedule appointment with County Service Officer
6. Continue Medical Treatment as needed
7. Review VA decision and challenge if undesirable

COMMUNITY RECOGNITION

Featured Resturant:

Seafood at Coach house

Black Mountain Fire department and Aux

Hiring Veterans and dependents of Veterans the American Fire Service has a long history of American Service. Vital to the safety of American way of life. The military has had Fire Fighters since the start. We thank the town of Black mountain for outstanding Emergency Services and hiring Veterans.

Needed Donations for Hospitalized Veterans VAMC-Asheville

Non-Monetary items that are also very appreciated include:

Puzzles, Word search and puzzle books (New) – Used for Veteran inpatients and Community Living Center Residents

Snacks, Soda and Water – These donations are used for Recreational activities and for comfort carts

Art supplies – These donations are used for the Creative Arts Program: Canvas, drawing pencils, charcoal, pastels, water color sets & paper, paint brushes

Craft Kits - Kits are distributed to Veteran patients to help relieve stress. Wood and leather kits, beading, models, yarn and painting kits, dream catchers, and sun catchers.

VOLUNTEER
TODAY!

CONTACT VA DIRECT TO START PROCESS

WNC VA MEDICAL CENTER

828.299.2514

CDCE
1100 Tunnel Rd
Asheville NC 28805

AT EASE

Community, Travel, Wellness, Local Activities, & Awareness

Community:

Tailgate Markets WNC:

Henderson County Tailgate Market

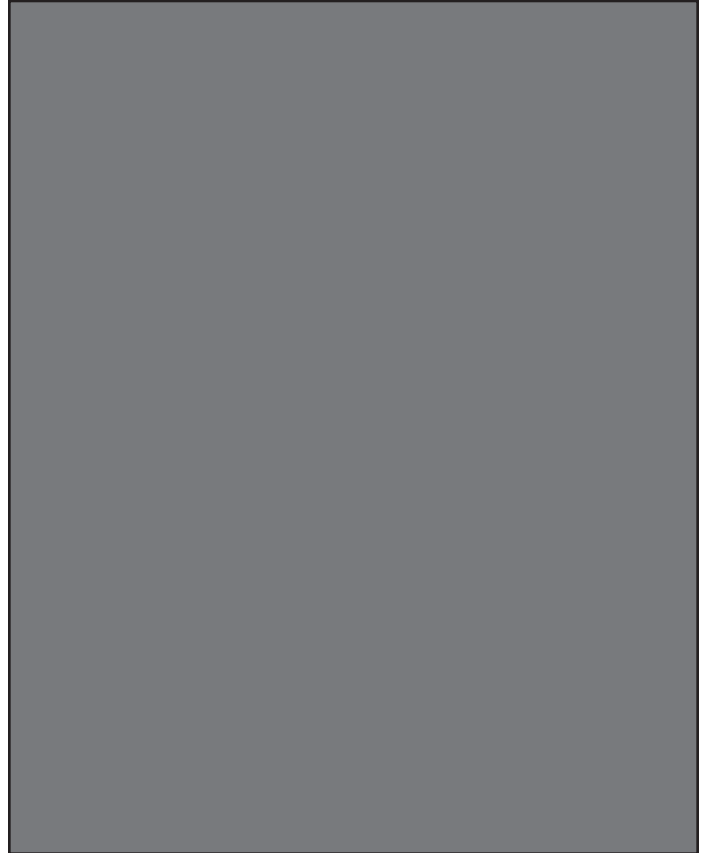
Hendersonville Farmers Market

West Asheville Tailgate Market

North Asheville Tailgate Market

East Asheville Tailgate Market

WNC Farmers Market



Travel:

Brevard Military Museum:

DAV14HQ.ORG

Wellness

Stretching soreness away: Consult with professional and doctors before beginning any workout

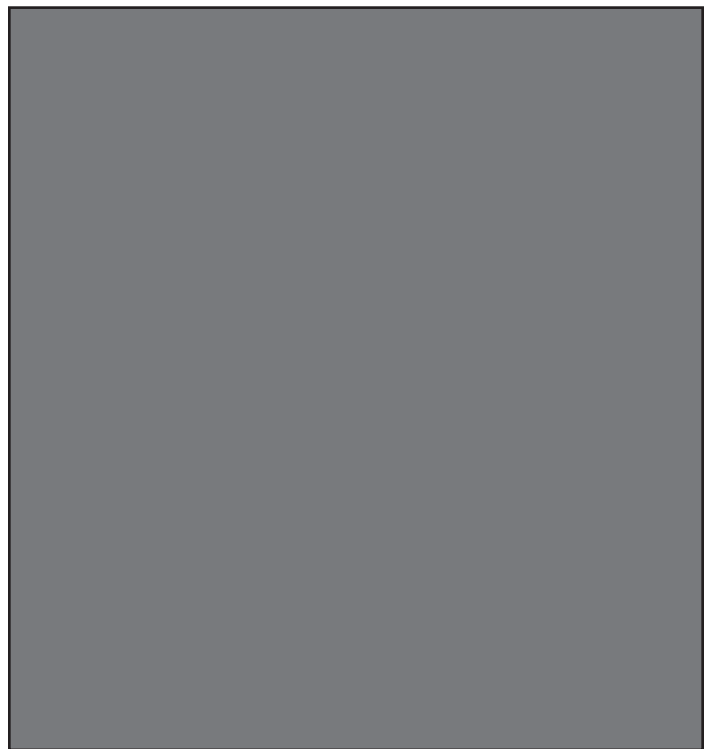
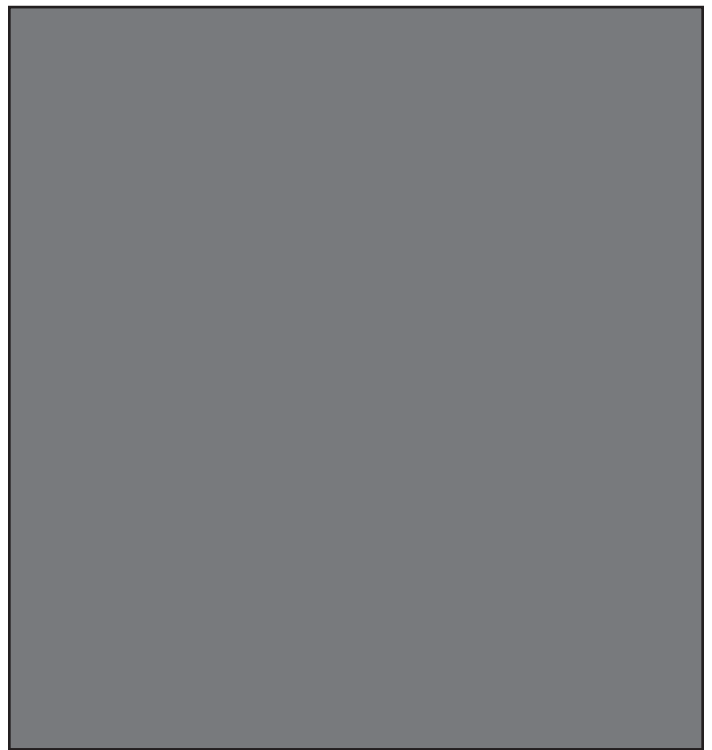
1) Stretching in bed: Start a routine

2) Stretching in a chair:

3) Hydration

4) Balanced Diet

5) adjust stretching routine to accommodate you



Disabled American Veterans

Beddingfield-Skytle

CHAPTER 14

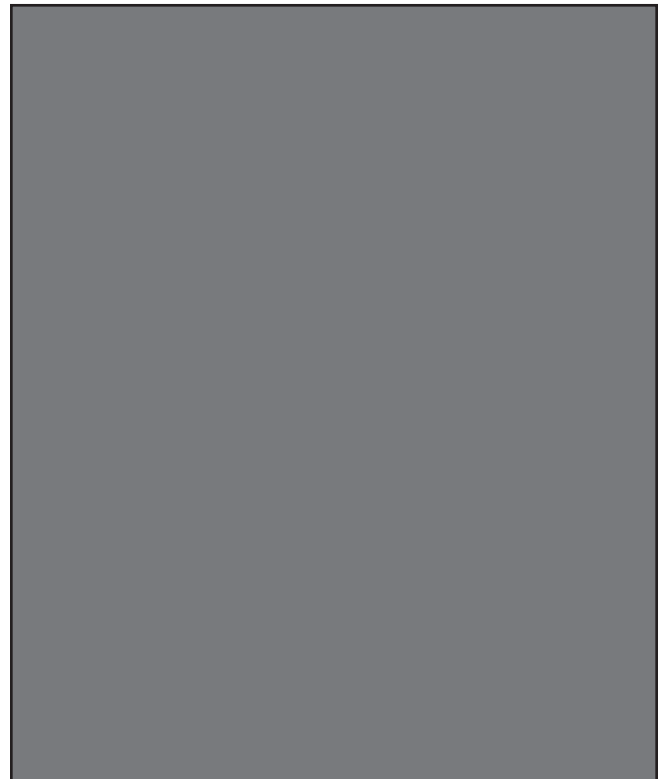
Headquarters

Local Activities

- 1) Blue Ridge Parkway Drive
- 2) Nature Center- Part 2
- 3) Looking Glass Falls
- 4) Andrew's Geyser
- 5) McConnell Farms

May Awareness Month:

- 1) National Burger
- 2) National BBQ
- 3) Fibromyalgia Awareness
- 4) Tourettes Syndrome Awareness



Awareness Month: Spotlight

This month's Awareness Spotlight is to all our active duty, reserve, and national Guard members serving today and all those who served in the past!

MILITARY APPRECIATION MONTH

Military Appreciation Month is an annual observance that takes place in the United States during the month of May. The month is dedicated to honoring the sacrifices and service of the men and women who have served in the Armed Forces.

The origins of Military Appreciation Month can be traced back to the early 1980s, when a group of military veterans and supporters began promoting the idea of a national observance to honor the sacrifices of those who have served in the military. In 1999, Congress officially designated May as Military Appreciation Month, and since then, communities and organizations across the country have come together to show their support for our military personnel.

During Military Appreciation Month, many events and activities are organized to recognize and honor the sacrifices of our military personnel. These can include parades, ceremonies, and other patriotic events. Many organizations, such as the Veterans of Foreign Wars, American Legion, and DAV14, also hold events and ceremonies to honor veterans.

In addition to these public events, individuals and families also participate in Military Appreciation Month by showing their support and gratitude for our military personnel in their own ways. Some people choose to fly the American flag, or display

a yellow ribbon on their car or front porch to show their support for our troops. Others may choose to write letters or send care packages to military personnel serving overseas, or make donations to organizations that support veterans and military families.

One of the most important aspects of Military Appreciation Month is remembering and honoring the sacrifices of our military personnel who have given their lives in service to our country. Many communities hold Memorial Day ceremonies to remember and honor those who have fallen, and many organizations offer special programs and services to support the families of fallen soldiers.

In conclusion, Military Appreciation Month is an important time to show our appreciation and gratitude for the sacrifices and service of the men and women who have served in the Armed Forces. It is a time to remember and honor those who have given their lives in service to our country, and to support the families of our fallen heroes. We encourage everyone to take the time to show their support and appreciation for our military personnel during this special month, and throughout the year.

National Burger Month:

Starting with EVG

Turkey or Beef? At home burgers

Is a griddle even count?

You Decide Check out this Turkey Burger Recipe:

Ingredients:

1 lb ground turkey
1/4 cup finely diced onion
1/4 cup breadcrumbs
1 egg
1 tsp salt
1/4 tsp black pepper
1/4 tsp garlic powder (optional)

Instructions:

In a large bowl, combine the ground turkey, onion, breadcrumbs, egg, salt, pepper, and garlic powder (if using). Mix well.

Form the mixture into 4-6 patties, depending on desired burger size.

Heat a grill or skillet to medium-high heat. Cook the burgers for about 5-7 minutes per side, or until fully cooked.

Serve on a bun with your favorite toppings and enjoy!

Note: To check if the burger is fully cooked, use a meat thermometer, the internal temperature should reach 165°F.

DAV Chapter 14 Legislative Goals:

Call For Action: Local Government to fund:

- Affordable Housing for Disabled Veterans
- Reduced Community College Cost
- Support VAMC Programs

DAV Chapter 14 Legislative Director backed by 750+ Chapter members, that carry the burdens of war and service supporting the readiness of combat actions.

More than 1.3 Million members across this great nation

We urge County and State Representatives to immediately fund projects and programs that reduces economic burdens of high living cost, reduces high cost of higher education, and funding directly supporting programs at VA Medical Centers

DAV14 is dedicated to a single purpose:

Empowering Veterans and their family

**VAVS PLUS
NETWORK**

National BBQ
Month:
Memorial Day Test run:
Be Prepared for the big
day

Basic BBQ Safety Tips:

Keep your grill clean to prevent grease fires.

Use long-handled utensils to keep your hands away from the heat.

Make sure the grill is in a safe and stable location, away from buildings, trees, and other flammable objects.

Keep a fire extinguisher or a bucket of sand nearby in case of emergency.

Never leave a lit grill unattended.

Use the correct fuel for your grill (e.g. propane for a gas grill, charcoal for a charcoal grill).

Always have proper ventilation when using a grill indoors.

Wear protective gear such as grilling gloves and aprons.

Use a meat thermometer to ensure that meat is cooked to a safe internal temperature.

Allow grill to cool completely before covering or storing.

DISABLED AMERICAN VETERANS

CHAPTER 14

Empowering Veterans

Powered By:



AllegedlySpeaking.F
MEDIA_{LLC}